



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11009, Artichokes, (globe or french), frozen, unprepared

Report Date: July 04, 2017 19:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.33 package 84g	1 package (9 oz) 255g
Proximates						
Water	g	88.59	7	0.431	74.42	225.90
Energy	kcal	38	--	--	32	97
Energy	kJ	158	--	--	133	403
Protein	g	2.63	4	0.100	2.21	6.71
Total lipid (fat)	g	0.43	4	0.103	0.36	1.10
Ash	g	0.60	4	0.041	0.50	1.53
Carbohydrate, by difference	g	7.75	--	--	6.51	19.76
Fiber, total dietary	g	3.9	--	--	3.3	9.9
Minerals						
Calcium, Ca	mg	19	4	2.068	16	48
Iron, Fe	mg	0.50	4	0.149	0.42	1.27
Magnesium, Mg	mg	27	3	2.067	23	69
Phosphorus, P	mg	58	4	4.330	49	148
Potassium, K	mg	248	3	20.763	208	632
Sodium, Na	mg	47	3	5.276	39	120
Zinc, Zn	mg	0.32	3	0.010	0.27	0.82
Copper, Cu	mg	0.054	3	0.008	0.045	0.138
Manganese, Mn	mg	0.243	3	0.009	0.204	0.620
Selenium, Se	μg	0.2	--	--	0.2	0.5
Vitamins						
Vitamin C, total ascorbic acid	mg	5.3	3	1.364	4.5	13.5
Thiamin	mg	0.058	4	0.002	0.049	0.148

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.33 package 84g	1 package (9 oz) 255g
Riboflavin	mg	0.140	4	0.024	0.118	0.357
Niacin	mg	0.860	4	0.124	0.722	2.193
Pantothenic acid	mg	0.188	2	--	0.158	0.479
Vitamin B-6	mg	0.082	2	--	0.069	0.209
Folate, total	µg	126	3	4.115	106	321
Folic acid	µg	0	--	--	0	0
Folate, food	µg	126	3	4.115	106	321
Folate, DFE	µg	126	--	--	106	321
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	8	4	0.403	7	20
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	154	4	8.056	129	393
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.099	--	--	0.083	0.252
12:0	g	0.004	--	--	0.003	0.010
14:0	g	0.004	--	--	0.003	0.010
16:0	g	0.082	--	--	0.069	0.209
18:0	g	0.008	--	--	0.007	0.020
Fatty acids, total monounsaturated	g	0.012	--	--	0.010	0.031
18:1 undifferentiated	g	0.012	--	--	0.010	0.031
Fatty acids, total polyunsaturated	g	0.179	--	--	0.150	0.456
18:2 undifferentiated	g	0.130	--	--	0.109	0.331
18:3 undifferentiated	g	0.049	--	--	0.041	0.125
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						